

Just say no!

Air Force drug policy is ‘zero tolerance’

By Airman Yvonne Conde
Staff writer

A potent smell embraces your senses and entices you to join the smoke-filled circle roaring with heavy laughter. As temptation struggles to succeed, you resist the illicit substance and walk away.

Your responsibilities as a member of the U.S. Air Force require you to steer clear of illegal substances; should you not, it could result in the end of a rewarding career and punishment under the Uniform Code of Military Justice.

Through an array of programs, Laughlin Air Force Base continues to communicate the zero-tolerance policy on drugs and ensures every member here is aware of the consequences of using, transferring, selling and distributing illegal substances, said Anthony D. McKinney, 47th Medical Operations Squadron drug demand reduction program manager.

Every Air Force base has a drug testing program, which is conducted in accordance with all applicable Air

See ‘Policy,’ page 4



Photo by Airman Timothy J. Stein

The Air Force enforces a zero-tolerance policy for drug abuse among military members. While the number of Laughlin servicemembers arrested in the past year for using drugs has decreased, the proximity to Mexico poses an ever-present temptation for undisciplined airmen to purchase and use drugs.



By Master Sgt. Ron Tull
Air Force Print News

The last officer and enlisted specialties on Stop-Loss will be released beginning Sept. 1.

In making the announcement, Dr. James G.

Roche, Air Force Secretary, said the release will be phased in during a one-month period to allow the Air Force and affected people transition time.

“We have arrived at a new steady-state,” Roche said. “Stop-Loss most certainly helped us get here successfully, but we had pledged all along that we wouldn’t hold onto anyone longer than necessary.”

The release, which affects three officer and 15 enlisted specialties, will begin with people who had original retirement or separation dates prior to April 1. They will be able to leave beginning Sept. 1. During the second phase, individuals with retirement or separation dates between April 1 and Sept. 30 can be released. In the final phase, anyone with a retirement or separation date of Oct. 1 or later can separate at his or her established date.

Members can request to remain on active duty up to five months to transition to civilian life and use accrued leave.

The release does not apply to airmen who are currently deployed in support of operations Noble Eagle and Enduring Freedom; all deployed personnel will remain subject to Stop-Loss as long as they are deployed. Upon completion of deployment, people will have up to five months to transition.

Stop-Loss was implemented shortly after the Sept. 11 terrorist attacks to meet unprecedented mission requirements. The process was reviewed every 60 days.

“We were very aware of the sacrifice our airmen and their families were making,” Roche said. “Service before self is an Air Force core value and their performance illustrated that.”

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Commanders' Corner

By Lt. Col. Mike Brown
84th Flying Training Squadron Commander

Every assignment ripe with opportunities

I am sure many of you felt the same way I did when I initially found out my next assignment was Laughlin Air Force Base.

First, where exactly is Del Rio? How big is it? What else is there besides an Air Force base and a lake? So I looked it up on the Internet. I got the lay of the land and figured out it was 140 miles to San Antonio, but the map looked fairly barren between Del Rio and San Antonio (except for the bustling metropolis of Uvalde). As I think about it now, it is kind of difficult to exactly describe my initial feelings in this article. Let's just say I wasn't real excited.

Then I reflected back on one of my past assignments. My family

and I spent three years in Alamogordo, N.M., at Holloman AFB. When we initially arrived at Holloman, I can remember having to provide much of the positive feelings in the car as we drove into town. "Desert southwest, many miles from anywhere, a single-level mall with a J.C. Penney and a K-Mart." Does that sound familiar?

However, when we were driving out of town three years later, funny enough, we had the same feelings we have had on all of our permanent change of station moves. We were going to miss Alamogordo.

How did we have such a good time and end up actually missing a place where many people wouldn't want to stay overnight? Well, a long

time ago one of my supervisors told me that I should always look around because there is always either "something to do" or "something that needs doing." The trick is to see it. This applies at work or at home, and over the years I have found it to be an indispensable philosophy.

At work you have a job to do, and it is very easy to get caught up in the day-to-day aspects of the job and forget the larger picture of what is going on in the entire organization. There is always something in any workplace that needs doing that can improve any number of things, including the office/work environment processes or helping your co-workers.

See 'Opportunity,' page 3

Top Three Talk

By Senior Master Sgt. Daniel Raymond
47th Civil Engineer Squadron deputy fire chief



Organizations help build a better Air Force

Yesterday I received an e-mail from a fellow firefighter I have known for several years. In his e-mail he gave me credit for his recent promotion to senior master sergeant. I was never his supervisor or even in his chain of command that I recall. But, he seems to think my example led him to this promotion.

Of course, that is far from the truth, his work ethic and tireless contributions to the Air Force were the real reason for his success. But, this is a true example of how one person can have a positive or negative effect without realizing it.

The Air Force is a great and unique experience for every one of us. It is strong and vibrant because of the total of its components. Each

of us is one of those parts.

I was reviewing the minutes from the June "Rising 6" meeting recently. For those who are members, I applaud your efforts and interest. The issue I would like to address here is the lack of members, or at least the lack of members who attend meetings or participate in club functions. I am using the "Rising 6" only as an example, the "Top 3" has some work to do also.

I understand that not all of the agenda items discussed apply directly to you and that sometimes you feel ineffective or ignored at these meetings. Ever heard a comment similar to, "I don't vote, it is a waste of time. How can one vote make a difference?"

It is apparent that we have a

similar circumstance here. I ask that you reconsider, that you join, participate and attend the "Rising 6" and "Top 3" council meetings and support their functions and activities.

You do matter, your issues are important and your opinion does count. But if you don't participate no one will ever know who you are and what you stand for or are interested in. Standing on the sidelines complaining accomplishes nothing. We all have things to contribute, concerns people would like to have addressed or information that will help someone else.

Supervisors, you lead by example. Your membership and attendance speaks volumes on what importance you give the issues

See 'Join,' page 3



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***"Excellence –
not our goal, but
our
standard."***

– 47th FTW motto



Rick Rosborg
Col. Rick Rosborg
47th FTW Commander

Actionline

Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every at-

tempt to ensure confidentiality when appropriate. If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved. Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Equal Opportunity	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Summer camps

Question: I have a question regarding the cost for the summer camp offered by the Youth Center. The rates start at \$49 per week per child, and then go up over \$100 depending upon the salary of the parent. I think even the \$49 is quite high. One set rate for everyone would be more appropriate considering \$49 times four weeks is \$200 a month, which is even higher than if you paid on a monthly basis for a private school, and on top of that the fees for activities going on, and so on and so forth. That could end up being very costly.

There's a staff sergeant in my office with three children. He's paying over \$700 a month for three children. That is way too high. In my case, I would be paying for my grandchild, \$100 per week. This is also very steep. How do you determine the costs for these children and what does it pay for?

Answer: Thank you for your interest in our school age program. Congress establishes our fee ranges and categories. Each base then establishes local fees to meet the Air Force requirement to cover the cost of labor, supplies and meals. These fees must be within the congressionally mandated fee range for each category. Our camp fees are

established to cover staff wages to support 10 hours of care per day and a total of 50 hours of care per week. Periodically there may be an additional fee, for example entry costs for field trips to the Witte Museum in San Antonio, etc.

Family income determines the fee category for a family. Fees range from \$49 per week for category 1 to \$106 a week for category 6. This amounts to \$.98/hour to \$2.12/hour for the 50 hour a week care. There are programs in Del Rio that have lower costs; they are not nationally accredited programs nor do they meet the Air Force standard. They also have a poorer staff-to-child ratio. The school age program has a 1:12 staff-to-student ratio (this

is reduced during hazardous activities such as swimming); other programs may be as high as 1:35 students. If a parent feels they are experiencing a hardship, they may request a fee waiver. Further information can be obtained at the Youth Center.

When selecting a childcare program, parents should look at all aspects of that program and enroll their child based upon which program meets the needs of the child and family. We hope that you will consider our program in the future. If you have additional questions or concerns regarding our program, please contact Denise Booth, Youth Center Director, at 298-5343 or 298-4187.

'Opportunity,' from page 2

Sometimes these things are real simple. Look around. Simply helping someone who may be more tasked than you can relieve stress and maybe even make you a new friend.

Take a look around your organization. Think out of the container. Small self-help projects can work wonders to make your work environment a better place to be. Enlist the help of others. Make your space and the space you share with others some place people walk in to and comment about how nice it is.

Finding some of the things around the office

that need doing also gives you an opportunity to test your informal leadership skills. These are free opportunities.

At home the same rules apply. Don't just sit in your dorm room or at home and watch videos and DVDs because you live in Del Rio. Get out and meet people. Do new things. There are lots of things to do both on and off base. Organize something that you and your friends or colleagues want to do. Shoot each other on the paintball range. Go golfing. Learn to drive the pontoon boats at the marina and organize an evening on the lake. Learn to ride a horse. Take a friend. Look around your living space. Make it nicer. Work on additional edu-

cation or profession military education.

Get it done here so when you are stationed at Hickam AFB, Hawaii, you can sit on the beach and enjoy umbrella drinks.

I guess it is all a matter of perspective. I have been all over the world and I have been amazed that no matter where you are stationed, there are always some people who complain about the location and the fact that there is "nothing to do." From Ramstein Air Base, Germany; to Royal Air Force Lakenheath, England; to Laughlin; their story is the same.

Look around, get out and enjoy it... there is always something to do.

'Join,' from page 2

affecting your people. Recently other senior noncommissioned officers and myself had the honor of addressing a group of Air Force Academy cadets and having a "gab ses-

sion" with them. This very important point was passed on to them. Take an interest in your people. Attending functions and activities they are involved in is an important and effective way to demonstrate that their lives mean something to you. Coun-

cil membership is a great opportunity to network and get to know your fellow enlisted members.

I would also like to ask the officers to think about this issue and encourage their enlisted troops to get involved. I hope premise of my com-

ments and the value of continuing to encourage our team members to engage and stay engaged.

Please, help us become better and stronger, join, volunteer and participate. Oh, by the way, the secret is, it also is fun.

Using drugs could end military careers

‘Policy,’ from page 1

Force instructions and Department of Defense directives and instructions. Federal civilian employees are required to adhere to the Federal Drug-Free Workplace directives, said McKinney.

“Laughlin, like most if not all Air Force bases, utilizes the Air Force Drug Testing Program software, which randomly selects active-duty members and civilians (who are in testing designated positions) to come in for urinalysis,” said McKinney. “The goal of the program is to deter and detect the use of illicit drugs in the Air Force.”

The Air Force drug demand reduction program manager has the responsibility to test a set percentage of active-duty military members throughout the year, based on the number of personnel assigned. Squadron commanders appoint trusted agents within their units to inform the active-duty members to report to the testing site within two hours from the time of notification.

“A common complaint is when someone has been selected two or three times within a month or two. However, that is what a random selection will do. Testing is supposed to be unpredictable,” said McKinney.

When an individual’s test result is positive, there are several checks and balances in place to ensure proper procedures are followed. First, a medical officer is called to review the member’s medical profile. The physician has the responsibility to determine whether the result could be caused by prescribed medication, or other natural or synthetic substances.

This is why all members should be seen by a physician before taking any prescribed medication. “If it (medication) has not been prescribed to you, it may show up on the urinalysis test as drug abuse,” said McKinney. “A positive urinalysis (result) could have career-ending consequences for active-duty and civilian employees.”

The person’s commander is notified as well as the legal office and the Office of Special Investigations. The member’s commander will then determine how best to dispose of the case. Options include administrative action such as Article 15 or court-martial.

“Because of the location of Laughlin being on the border, there is a high potential for drug use to take place, but overall, there seems to be a decline in (drug) use among military members. I would attribute that to (people) valuing their career opportunities and knowing they have to be ‘tip-top’ to perform the Air Force mission. Also, there is no secret that the Air Force has a zero-tolerance policy for drug abuse,” said McKinney.

Within the Air Force, marijuana and ecstasy

are the most abused drugs. According to an Air Force OSI report (Narcotics Information Report 02-03, dated July 18), ecstasy use decreased by 43 percent and marijuana remained the number one commonly used drug, which increased by 14 percent over calendar year 2000. The majority of investigations by AFOSI continue to involve people in the 19- to 25-year-old age group, primarily in the grades E-1 through E-4.

“The people who want to use drugs are the ones who will do it regardless,” said Staff Sgt. Ralph Smith, Life Skills Flight NCOIC and licensed chemical dependency counselor. “They don’t care about the system, but they will get caught. The involvement in weekend drug testing will help to curb the use of drugs.”

Laughlin promotes a drug-free base by supporting educational functions. Red-Ribbon Campaign held in October is primarily for parental awareness and family prevention. There are also the outreach briefings geared toward the base newcomers, targeting the most at-risk age and grade groups, said Smith.

The first-term airmen will attend the First-Term Airman Center and all newcomers go to the Right Start briefing. These include a review of the alcohol and drug use and abuse consequences, said McKinney.

“The Alcohol Drug Abuse Prevention and Treatment NCO has a primary responsibility to get the word out, so they don’t just give treatment, they promote prevention and education,” said McKinney.

As part of the drug-awareness programs that are held on base, briefings are also held in the community and the schools downtown to educate the youth surrounding the base.

“I would like to see more base agencies post drug use and abuse materials in the workplace and more support for the specialized programs such as the Red Ribbon Campaign and Alcohol Abuse Awareness month,” said McKinney. “Putting information around the work center will allow people to pick up the material that they wouldn’t ask for. They’ll often read it in confidence.”

It is extremely important for the people who work directly with the pilots to keep in mind that the goal here is to maintain a ready fighting force, and the mission of the base cannot be reached if people are abusing drugs or alcohol, said McKinney.

“With the mission of this base being pilot training, there just can’t be any room for error,” said McKinney. “We are training the world’s best pilots. Our mission is very important.”

“They don’t care about the system, but they will get caught.”

*-- Staff Sgt. Ralph Smith,
Life Skills Flight licensed chemical
dependency counselor*

Newslines

Educational testing

The Laughlin Education Services Office will not offer CLEP/DANTES, SAT, ACT, EXCELSIOR or any other DANTES-sponsored exams from Monday through Friday.

All ECI, (CDC, SOS, ACSC, AWC and SNCOA), military and university exams will be available at the normal test times.

For more information on this issue, call the education office at 298-5545.

Cub Scouts

A Cub Scouts information booth will be set up from 11 a.m. to 5 p.m. Aug. 17 at the base exchange to promote the upcoming scouting season.

For more information, call Tech. Sgt. David Drotts at 298-5995 or 298-3475.

College overseas

Are you interested in attending college at a university in a foreign country, studying for a master’s degree in a foreign language or traveling widely and gaining an in-depth understanding of the history and social, political, cultural and economic characteristics of that country?

If so, the Olmsted Scholar Program provides these opportunities and more.

For more information, call 298-5244 or 298-5277.

Immunizations

Due to recent shortages of childhood and adult vaccines, many people are not current on their shots.

The Immunization Clinic is now stocked with most vaccines, and everyone is encouraged to update their immunizations this month.

Take family shot records to the Immunization Clinic Monday through Friday from 7:30 a.m. to 5 p.m.

For more information, call Staff Sgt. Derek Smith at 298-6464.

Looking for talent

The Fiesta Community Center is seeking talent for a new program called Around the World with the Air Force.

If you can sing, dance, cook or tell stories from other countries, call Helen Sykes at 298-5224.

Lyles delivers newest C-17 to Air Force



(Courtesy photo)

Gen. Lester Lyles, Air Force Materiel Command Commander, enjoys the view from the cockpit of the Air Force's newest C-17 Globemaster III. Lyles helped deliver the airplane from the Boeing facility in Long Beach, Calif., to Charleston Air Force Base, S.C.

By Sarah Anne Carter
Air Force Materiel Command Public Affairs

A critical piece of the Air Force puzzle was put in place Aug. 1 as Air Force Materiel Command's top officer delivered the newest C-17 Globemaster III cargo aircraft to Charleston Air Force Base, S.C.

Gen. Lester Lyles, AFMC Com-

mander, delivered the aircraft, the 42nd C-17 to be delivered to Charleston. "This aircraft is literally the workhorse for Operation Enduring Freedom and everything we're doing today in the war on terrorism," General Lyles said. "It's the major strategic airlifter and one of the primary tactical airlifters in Afghanistan and the entire theater."

Air Force officials describe the C-17 as one of the most flexible aircraft in the Air Force's fleet. The ramp can be configured to transport more than 100 warfighters, about 35 litter and more than 50 ambulatory patients and attendants, or almost 171,000 pounds of cargo.

"Right now, with what we're doing since Sept. 11, this airplane is absolutely critical to our operation," said Maj. Scott Brown, C-17 aircraft commander.

One reason the C-17 is critical in the war on terrorism is its capability of landing on runways as short at 3,500 feet. Other cargo aircraft require significantly more room, Major Brown said.

"We bombed the Kandahar airport and only had 3,500 feet of usable runway afterward," said Lt. Col. Steve Shope, 15th Airlift Squadron commander at Charleston. "We delivered a minesweeper to Kandahar that we couldn't have gotten within 1,500 miles of otherwise. No other airplane could have put it in there."

On top of this, Colonel Shope

said the C-17 can use a spiral approach to land, which minimizes the aircraft's vulnerability in enemy territory.

"We did one of these spiral approaches in Kandahar on a mission I was on during the day and we were on the ground in a matter of minutes," Colonel Shope said. "That's a very short period of time that somebody has to shoot at us. That's the capability of the airplane - it's keeping our guys safe out there who are doing our mission for us."

The new aircraft also provides the crew with the technology to map terrain, track the location of nearly 100 aircraft in about a 100-square-mile area and use a reactive wind-shear warning system on the heads-up display. It can also store 60,000 more pounds of fuel than most of the earlier versions.

With the delivery of the 89th C-17, Air Force officials are looking forward to receiving many more. Current funding is available to produce 120 planes. Congress, however, just gave approval for 60 more, bringing the expected total to 180.

Maintenance changes

By Pat Watson

47th Flying Training Wing Maintenance Directorate special projects manager

The 47th Flying Training Wing will now stand up a new group equivalent - the 47th Maintenance Directorate. In conjunction with its activation, Laughlin's Aircraft Maintenance will undergo a significant name change. Formerly Laughlin Civil Service Aircraft Maintenance, the organization title will change to Laughlin Consolidated Services Aircraft Maintenance.

According to Robert Wood, director of Maintenance, the change recognizes all members in the unit's work force. In 1989, the LCSAM initials represented an all-civil service activity. Over time the unit added military and contract affiliates to its composite. Today, LCSAM includes more than 600 Federal civilian and military employees and furnishes surveillance for 200 contract workers. Together, they serve the needs of four pilot training wings and several government agencies.

Wood said he looks forward to a 21st Century LCSAM that is totally committed to excellence in teamwork and mission support. The LCSAM vision remains unchanged: provide safe, reliable aircraft and equipment to serve national interests.



Photo by Jesse Diaz

Once upon a time

Katie Sutherland, Miss Del Rio, reads to Laughlin children during Story Time at the Book Mark Library Friday. Story Time is a weekly program where adults read popular children's books to base kids. Story Time is held at the library at 10:30 a.m. Fridays in the base library. For details on Story Time, call 298-5119.

Base members meet with educators at town hall meeting

By Airman Timothy J. Stein
Staff writer

About 80 Laughlin parents and family members met local school district officials in a town hall meeting Wednesday evening in the base theater.

Col. Ken Smith, 47th Flying Training Wing Vice Commander, hosted the discussion. Anderson Lattimore, deputy assistant superintendent, led six educators and administrators from the San Felipe Del Rio Consolidated Independent School District. Other representatives ranged from an elementary school principal to the assistant superintendent for operations and transportation.

Following introductions, Lattimore opened the presentation to questions while stressing, “Parents need to be involved. You are welcome in our schools; we want you in our schools.” Col. Smith echoed the offer and challenged parents to take advantage of the local opportunities to be actively involved in the education of their children.

Roberto Fernandez, assistant superintendent for operations and transportation, addressed a concern several parents who feel their children get home too late voiced about the

busing schedules. Fernandez said the bus schedules are an ongoing issue that will continue to be addressed. He added that he would try to accommodate all parents’ wishes when

“The district is a very strong district. We are on our way up.”

-- Anderson Lattimore
Deputy assistant superintendent

possible, and again invited parents to get involved to understand and help resolve districtwide concerns.

Other topics voiced by the Laughlin participants included gangs, security and the overall quality of the school system.

“The district is a very strong district,” said Lattimore. “We are on our way up.” The state rates Del

Rio’s school district as “recognized.” This rating is the result of formal reviews of curricula, staff qualifications and other criteria to evaluate and rank every district in the state.

Addressing a concern about gangs in the middle school, Dr. Patty McNamara, Del Rio middle school principal, said parents should help their children get involved with real-world activities, like school clubs. This, along with increased security, could help control gang violence.

At the end of the session, fliers and brochures about the local school system and involvement opportunities were provided, and the members of the panel responded to individual parent’s questions and comments.

New lodging program helps guarantee rooms

Military travelers will soon be required to consider government-contracted hotels before others when traveling inside the continental United States.

The new requirement, set to begin Nov. 1, is part of the Federal Premier Lodging Program, run by the General Services Administration. The FPLP benefits travelers by contracting with hotels in key cities where federal employees do business to guarantee a specific number of available rooms at a specific price.

“The federal travel regulation will require you look at FPLP properties first,” said Patrick McConnell, program manager for the FPLP. “Under the per diem process, you were not guaranteed a room. What FPLP does is get properties to guarantee rooms, especially where we compete with corporate and leisure travel.”

Hotels wanting an FPLP contract are required to meet certain safety and accessibility requirements, as well as have a restaurant nearby. If a traveler feels the establishment does not meet his or her mission requirements, finds that the FPLP hotel is full, or finds a less-expensive place to stay, he or she may book reservations elsewhere, McConnell said.

“[This is the] best way to meet laws requiring federal employees to stay in motels and hotels that meet the Federal Emergency Management Agency’s fire and safety requirements,” McConnell said.

When all contracts with lodging facilities have been finalized, the program will be in about 75 cities. The FPLP Web site lists lodging facilities currently contracted with the FPLP.

(Courtesy of the Air Force Print News)

Please recycle this newspaper.

Leaving children unattended in cars can be deadly

As summer heat climbs each year, so do news reports of young children dying after being left unattended in cars. Shocking reports of infants and toddlers who spent their last hours strapped in their car seats seem to pop up all too frequently during summer months.

According to a study by General Motors and the National Safe Kids Campaign, more than 30 children died in hot cars last year alone. Since 1996, more than 150 children from all regions of the country have perished in cars that literally became ovens.

When it comes to cars, kids and hot days, one might wonder; how hot is hot? Or, in other words, when does the heat begin to pose health risks to young children left in cars?

That question should never be asked; it should never go through a parent's or caregiver's mind. The absolute rule is don't ever leave a child unattended in a car, running or not running. On a sunny day with the windows closed, the temperature will shoot up dramatically.

Experiments show that when the outside temperature is 95 degrees, the interior of a car can climb as high as 180 degrees in less than an hour. It can get so intense that dashboards can double as ovens, becoming hot enough to cook poultry or even bake cookies. Being in an enclosed car with-

out the ability to leave will overwhelm just about any human being.

At least 30 children died last summer, one child every four days on average, after being trapped in an automobile parked in the searing heat. The majority of the fatalities occurred in June and July.

Shockingly, there have already been three known heat-related child fatalities within the last two weeks. This is a tragic start to a summer that the National Weather Service predicts will be hotter than usual across most of the country.

The National Safe Kids Campaign is partnering with the American Meteorological Society to issue an urgent warning to parents and caregivers to take extra precautions with children in and around vehicles during the upcoming warm summer days.

The National Safe Kids Campaign warns parents to be especially vigilant about their children's safety on days when temperatures are 80 degrees or higher by offering the following safety precau-

- tions to combat heat-related injuries in cars:
- Keep cars locked at all times, even in the garage or driveway.
 - Teach children not to play in or around cars.
 - Never leave your child in an unattended car, even with the windows down.
 - Always make sure that all child passengers have exited the car.
 - If your child gets locked inside a car, get him out or dial 911 immediately.
 - Make sure you check the temperature of the car seat surface and safety belt buckles before restraining your child in the car.
- In addition to leaving children unattended in vehicles, Laughlin security forces have stated that leaving vehicles running unattended is also becoming a big problem. It is illegal to do so. If the vehicle gears should become disengaged, there is a potential for a mishap to occur. The primary locations are the shopette, child development center and post office.

(Courtesy of 47th Flying Training Wing Safety Office)

“At least 30 children died last summer, one child every four days on average, after being trapped in an automobile parked in the searing heat. The majority of the fatalities occurred in June and July.”

Safety to and from school is important lesson

With another school year approaching, parents are reminded to teach their children about the dangers of going to and returning from school.

Riding the Bus:

School bus transportation is safe. In fact, buses are safer than cars. Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.

Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street.

- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk 10 giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives a signal that it's okay to approach.
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses; however, not

- all do. Protect yourself and watch out.
- Walking and Biking to School**
- Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school.
- Here are a few basic safety tips to follow:
- Mind all traffic signals or the crossing guard – never cross the street against a light, even if you don't see any traffic coming.
 - Walk your bike through intersections.
 - Walk with a buddy.

- Wear reflective material, it makes you more visible to street traffic.
- Riding in a Car**
- Most traffic crashes occur close to home.
 - Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45 percent.
 - You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.
- (Courtesy of the National Safety Council)

If you know of or suspect Fraud, Waste and Abuse, call the FWA hotline at 298-4170.

Training the WORLD'S BEST PILOTS

Instructor Pilot Focus

Name: Capt. Rich
Parrotte

Squadron: 86th Flying
Training Squadron

Pilot Training Base:
Laughlin Air Force Base

Date of Graduation:
November 1994

**Aircraft you flew and
base you were sta-
tioned before**

Laughlin? C-21, Offutt

Air Force Base, Neb, and the KC-10 at McGuire
Air Force Base, N.J.

Mission of your primary aircraft? Air refueling

**What is the most important thing you learned at
pilot training besides learning to fly?** One team,
one theme!

What advice would you give SUPT students at

Laughlin? Do your best and the rest will take care of
itself.



Parrotte

Interested in the Air Force?
Call Del Rio's Air Force recruiter at 774-0911.

Longest serving airman retires

By Staff Sgt.
Kathy Ferrero
Air Force Print News

After serving 43 years in the Air Force, Col. James Marker Jr., the 375th Airlift Wing inspector general at Scott Air Force Base, Ill., retired July 30.

According to Air Force Personnel Center officials, Marker held the torch as the current longest-serving member on Air Force active duty.

"I don't want to quit," Marker said.

It took an act of Congress to force him to say goodbye to the service he loves. AFPC officials respectfully asked the colonel to retire after reaching the maximum age limit a line officer can serve (officers can serve longer in certain career fields). Scott leadership looked into waiving the rule; but it could only be accomplished through legislation.

The experienced officer is quick to clarify that he was the longest serving member in the Air Force, not necessarily the oldest.

Marker served 14 years as an enlisted airman and almost 30 as an officer.

"The one thing that stands out about him is his positive attitude," said

Marker's longtime friend, Col. Brian Brown, director of human resources at U.S. Military Entrance Processing Command headquarters. "I admire his love for the Air Force and its people, especially the airmen, because he came up through the ranks the hard way and never forgot his roots."

Marker attributes his remarkable career to the science of teamwork.

"You don't become colonel by being you," he said. "You don't progress in the enlisted force by being you, either. It's the people around you, above you, that make the difference."

Marker, a native of Steubenville, Ohio, considered leaving the Air Force early in his career.

"Back then, good, hard workers were retiring with one, two stripes," Marker said. But it taught him integrity. "You do your job to the best of your ability, regardless of the circumstances."

The security policeman became good at his job and considered law enforcement in the civilian world. His dreams were shattered after a Colorado state trooper briefed his squadron.

"He said you've gotta be



Photo by Bob Fehring

Col. James Marker Jr., the 375th Airlift Wing inspector general at Scott Air Force Base, Ill., briefs an airman on the results of a complaint. Until his retirement July 30 after 43 years of service, Marker held the torch as the longest-serving Air Force member on active duty, according to Air Force Personnel Center officials.

six feet two inches to apply," he said. "Well, I wasn't. Height discrimination meant nothing in those days."

An undeterred Marker, now with a family, began to take college courses while stationed at Travis Air Force Base, Calif., "just to better my career. My wife (Beverly) helped me set an end goal to what I was al-

ready doing," Marker said. That goal became a commission.

Marker grieves the end of a life chapter with dignity. Through his sadness, he remembers a couple he and Bev were friends with.

"He worked a farm," Marker said. "She wanted to do so many things, and he kept telling her to just wait a

couple of years. And then she died.

"I think what you have to look at is, 'How many years have you got left?' I want my last years, however long that is, to spend enjoying things together (with my wife)."

He and his wife plan on moving to Anchorage, Alaska.

Chapel Schedule



Catholic

- Saturday* • 5 p.m., Mass
Sunday • 9:30 a.m., Mass
• 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall
Thursday • 6 p.m., Choir
Tuesday-Friday • 12:05 p.m., Mass
• 12:05 p.m. and 7 p.m., Holy Days of Obligation
Reconciliation • Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment

Religious Education

- 11 a.m. and noon Sunday

Jewish

- Call Max Stool at 775-4519

Muslim

- Call Mostafa Salama at 768-9200

Nondenominational

- Friday* • 7 p.m., Unity in Community Services

Protestant

- Saturday* • 6 p.m., Singles Bible study
Sunday • 9:30 to 10:30 a.m., Sunday school for all ages in chapel annex
• 11 a.m., General worship
• 6 p.m., Officer Christian Fellowship, call 298-2238 for details.
Wednesday • 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

The *XL*er



Photo by Airman Timothy J. Stein

Tech. Sgt. Harvey Clark

47th Civil Engineer Squadron readiness superintendent

Hometown: Ft. Polk, La.

Family: Wife, Lorrie; son, Cameron; daughter, Macensey

Time at Laughlin: 11 months

Time in service: 15 years

Greatest accomplishment: Saving a fellow airman's life

Hobbies: Horsemanship, shooting, wood-work and family

Bad habit: I'm sometimes a little too honest with people.

Favorite film: The Patriot

Favorite musician: George Strait

If you could spend one hour with any person, who would it be and why? My father. I never really heard what he had to say until after I moved away from home.



The Air Force
rewards
good ideas with
money.
Check out the
IDEA
Program data
system at
[https://
ideas.randolph.af.mil](https://ideas.randolph.af.mil),
or call 298-5236.

Activity versus exercise: *Do you know the difference?*

By Hank Bowman
Health and Wellness Center fitness program manager

Aerobic activity can be defined as one’s participation in sports or recreation-related endeavors. Activity gets you up off the couch, makes you put down that three-pound bag of Doritos and gets you involved, but does little to improve your fitness level.

Activity is the first step in making some lasting lifestyle changes toward reducing the risk factors associated with age, inactivity and chronic diseases. The American College of Sports Medicine is an enthusiastic advocate of physical activity. In fact, the ACSM has recommended that the vast majority of physically active adults do not need to be involved in structured, formal exercise programs to maintain overall health and well-being. Softball, golf, tennis, walking, strength conditioning (weight lifting) and basketball are a few examples of aerobic activity.

Aerobic exercise is defined as one’s regular participation in a physical exercise regimen designed to enhance or improve the individual’s physical capacity. Aerobic exercise causes a training effect, it causes the cardio-respiratory system to become more efficient, which means the body can respond to increased physical demands with less effort. Your heart, lungs etc... will have to work less hard and therefore should last longer, which may translate into an increase in longevity. The ACSM recommends using the “F.I.T.T. Principle” to design and guide an exercise program. F means frequency, the number of times you should exercise per week, three to five times per week. I stands for intensity, effort level, where your heart-rate needs to be during exercise, 60 to 90 percent of maximum heart-rate or 135 –175 beats per minute. T is time, duration of exercise should be 30 to 60 minutes in the prescribed heart-rate zone. T means type, needs to be aerobic, rhythmical and involve the major muscle groups of the body.

Which one is right for you?

As an active-duty member, being part of the vast majority aforementioned by the ACSM is not in your immediate future, unless you are pending retirement orders. The Air Force puts a few more demands on you than is required by the general population. Physical activity will not be enough, in the long run, to ensure your longevity as a service member. AFI 40-501 specifically outlines the Air Force’s expectations of all its members. The number one goal of the Air Force Fitness Program is to motivate all members to participate in a year round physical conditioning program.

In summary, aerobic activity can serve to decrease the risk factors associated with age, inactivity and chronic disease, however, aerobic exercise when done correctly will cause a change in one’s fitness level and will allow each member to meet and exceed AFFP expectations for fitness and weight management. As always, seek medical clearance prior to starting a vigorous exercise program and always seek professional counsel when available such as a credentialed fitness trainer or exercise physiologist.

Regular exercise important to good health

By Hank Bowman
*Health and Wellness Center
fitness program manager*

Exercise, Exercise, Exercise!
According to the American College of Sports Medicine, a certifying consortium of credentialed health professionals, the benefits of physical activity/exercise are well established.

Emerging studies continue to support an important role for habitual exercise in maintaining overall health and well-being. Persuasive epidemiological and laboratory evidence shows that regular exercise protects against the development and progression of many chronic diseases.

- The benefits associated with physical activity/exercise include:
- Improvement in cardiorespiratory function
 - Increased oxygen usage due to both central and peripheral physical adaptations
 - Lower oxygen cost for sub-maximal work intensity
 - Lower heart rate and blood pressure
 - Increased exercise (fatigue) threshold
 - Increased threshold for the onset of disease symptoms
 - Reduction in coronary artery dis-

- ease risk factors
- Reduced resting blood pressure in hypertensive exercisers
 - Increased HDL (good cholesterol) levels
 - Decreased triglyceride (fat in bloodstream) levels
 - Reduced body fat percentage
 - Reduced insulin dependence for diabetics
 - Improved glucose tolerance (tied to body fat storage and diabetes)
 - Decreased mortality and morbidity
 - Lower activity and or fitness levels are associated with higher death rates from cardio vascular disease
 - Increased activity and or fitness levels have a positive effect on longevity
 - Supervised exercise program reduces mortality rate in post heart attack patients
 - Increased protection form osteoporosis
 - Postulated benefits
 - Increased energy levels
 - Decreased anxiety and depression
 - Enhanced performance of work, recreational and sports endeavors
 - Improved weight control for tobacco users in quit status
 - Reduced incidence of illness, reduced down time during illness



Photo by Airman Yvonne Conde

Second Lt. Naomi Mosser, student pilot, exercises on a Life Fitness machine Thursday at the fitness center here. Lieutenant Mosser works out at the center four to five times a week.

- Increased independence throughout adulthood
- The associated benefits and the reduction of CVD risk factors, make exercise an intelligent choice when looking for ways to prevent disease and live a longer, more independent life. It has been stated that every

hour spent exercising adds an additional two hours to your life. Start an exercise program and bank those added hours now. It is never too late to start.

For more information concerning this topic and/or starting or fine-tuning an exercise program, call 298-6464.

Softball playoffs



Sportslines

Prenatal yoga classes

The health and wellness center is hosting weekly prenatal yoga classes from noon to 1 p.m. Wednesdays in the HAWC classroom.

The classes will include a 10-minute introduction and warm up, 20-minute yoga/stretch, 15-minute strengthening/muscle toning and 15-minute relaxation techniques.

Classes are free. The instructor has certifications in prenatal fitness, power stretch and yoga.

Participants should take comfortable clothing, a yoga mat, pillow and plenty of water to class.

For more information, call the HAWC at 298-6464.